

5 A Day Recipes

Desserts

Peaches with Raspberry Yogurt Sauce

Serves 4

- 1 cup frozen unsweetened raspberries
- 1 Tbsp honey
- ½ cup low fat yogurt
- 4 fresh peaches

To make sauce, combine raspberries, yogurt and honey in a blender. Peel peaches and slice. Spoon peaches into individual dishes and spoon sauce over peaches. Garnish with fresh raspberries or mint.

Nutritional Analysis

Calories: 140
Fat: trace
Cholesterol: 2 mg

This is an official 5 A Day recipe, and provides 4 people with more than one serving of fruit each.